



Tools For Action

A sample of physical education initiatives in Wisconsin

Active Lifestyles

Contact Information

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Title of Main Contact
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Fond du Lac School District
School District Name
Fond du Lac
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Program Information

Program Name
Fitness Through Strength and Conditioning
Program Category
Activities done outside of PE class for extra credit
Grade Level
9-12
Assessment Method
Number of materials provided (information distributed); Impact on knowledge and or attitudes (test scores); Fitness indicator (test scores, miles walked); Participation rates (number of students involved)

Program Information

Products Developed or Materials Used:

Stretch bands

Program Description:

Encourages activity for fitness before school, during and after school which covers muscular strength, flexibility, endurance and aerobic endurance. Provides access for all students before, during and after school.

A Wisconsin Physical Education Program

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

<http://dhfs.wisconsin.gov/health/physicalactivity/>

or contact staff at: Meineam@dhfs.state.wi.us (Amy Meinen, Nutrition Coordinator)
Morgajg@dhfs.state.wi.us (Jon Morgan, Physical Activity Coordinator)
Pesikme@dhfs.state.wi.us (Marv Pesik, Program and Grant Coordinator)